

ENERGY CONSERVATION TIPS

SIMPLE STEPS TO SAVE ENERGY



- ✓ Set your thermostat back 5 to 10 degrees at night. Each degree you set it back for 8 hours will save 1% on your energy bill (up to 10 degrees). Turn down the heat to 55 degrees when no one is in the home.
- ✓ Ceiling fans will help to circulate the heat in your home. You can also use a humidifier – moisture helps to keep the air warmer.
- ✓ Close fireplace dampers when they're not in use – don't send your heating dollars up the chimney! Keep furniture clear of baseboard heaters.
- ✓ Insulate the heating system ducts and water pipes. This helps to keep the heat from "bleeding" off into unheated crawl spaces or basements.
- ✓ Use cold water whenever you can. Your garbage disposal will work with cold water and most clothing will come clean (whites are the only exception).
- ✓ Always do full loads of laundry. Several small loads use considerably more water than one or two large loads. Over the course of a year, this adds up.
- ✓ Install low-flow showerheads. A 2.5 gpm showerhead can save as much as 50% on water bills, and a lot on heating the water. Remember: A 10-minute shower uses half as much water as a bath, and many people are just as happy with a 5-minute shower.
- ✓ Lower the temperature on your hot water heater to between 110 and 120 degrees. It's not necessary to have it any hotter and it wastes energy.
- ✓ Cut back on the use of your clothes dryer. Not only is it a big energy drain, it can also suck heated air out of your house very quickly in winter. Hang clothes on a clothes rack to dry and use the dryer for towels and other heavy items.
- ✓ Use your microwave instead of your oven whenever possible and save up to 50% in energy costs for cooking. Small appliances like crock pots and toaster ovens use much less energy.
- ✓ Run your dishwasher only when you have a full load. Let the dishes air-dry instead of using the heat cycle. An average dishwasher costs \$54 to \$90 per year to run.
- ✓ It's not always necessary to preheat the oven – you can even turn burners and oven off a few minutes early and still have perfectly cooked foods. Bake several items at once.
- ✓ NEVER, EVER use your oven or stove to heat your home. Countless house fires have been caused by this unsafe practice and ovens and stoves produce carbon monoxide that is not vented out of the home.
- ✓ Use a door "snake" or rolled up towel to stop drafts under doors. For outside doors a sweep and weather stripping should be installed. For instructions on making snakes, please visit this website: <http://frugalliving.about.com/od/heatingcooling/a/draftstoppers.htm>.
- ✓ If using a waterbed, cover it with blankets and comforters. It will help keep the bed warm day and night, and reduce the need to use the heater at higher temperatures.
- ✓ As much as 99% of an incandescent lightbulb's energy consumption is wasted on heat. Try using the new compact fluorescent bulbs instead. They are more expensive, but they will usually last around 10,000 hours and they only use ¼ as much energy as an incandescent bulb.
- ✓ Caulking unnecessary openings around windows and door frames will help stop drafts.
- ✓ For instructions on plugging hidden air leaks, insulation, replacing filters, and weatherstripping, please visit the website: www.bhg.com and type "weatherizing" in the search.